

Wearing a face mask

Adults should wear a face mask if they leave their home and cannot stay 1.5m away from each other.

Please wear a facemask if you come to our clinic for an appointment, or if we visit you in your home.

Face masks protect you and other people from Coronavirus (COVID-19). If you need to leave your home, you should wear a face mask, especially if you cannot keep 1.5 metres distance between you and other people. You should also wear a mask if people come to your home.



Key Points

- Wash your hands before you put your mask on and after you take it off.
- Make sure your mask covers your nose, mouth and chin at all times you are wearing it.
- If you touch your mask while wearing it, wash your hands
- Change your mask if it becomes damp or dirty.
- Throw out disposable masks after every use.
- Wash and dry reusable masks every time you wear them.
- Replace your mask if it becomes damaged.



Important

Masks provide you extra protection. It is still important that you:

- Keep 1.5 metres away from other people.
- Wash and dry your hands regularly with soap and water or alcohol hand sanitiser.
- Sneeze and cough into your elbow or into a tissue and throw it out straight away.
- If you have flu-like symptoms (even mild symptoms), stay at home. Call your doctor for advice or attend a COVID-19 Testing Clinic.

When to wear a face mask



When you go shopping.



On trains, trams, buses or rideshare services like Uber.



In cars with people you don't live with.



For medical or health appointments.



If people come to your home.



If you can't stay 1.5metres apart.

Where to get a mask

Facemasks can be purchased from chemists and hardware stores. It is also possible to make a mask at home. Instructions are available on the [Department of Health and Human Services Website](#).

Are surgical masks better than cloth masks?

Face masks can be:

- made from layers of cloth and can be washed and reused.
- disposable surgical masks which can only be used once.

A cloth face mask will give you enough protection. It is important that surgical masks are left for health care workers to use.

How to wear a mask

Wash your hands before you put your mask on and after you take it off.

Make sure the mask fits comfortably on your face. It should cover your nose, mouth and chin at all times.

Avoid touching your mask. Wash your hands if you touch your mask while wearing it.



When to change a mask

Face masks should be changed if they become dirty, wet or damp. If your mask is disposable, you can wear it for four hours before it needs to be thrown out.

How to wash a reusable (cloth) mask

You can wash a reusable mask in hot water with detergent, in a washing machine or by hand. Dry the mask in the sunlight or a clothes dryer. Make sure the mask is completely dry before you wear it again.

Who should not wear a face mask

Don't wear a face mask if you are exercising or if you find it hard to breathe when wearing the mask.

Children under 2 years old should never wear a mask. Older children and young people can wear masks but should be careful not to touch or play with the mask while wearing it.